

KETTLER

SIMPLY FIT



FITNESS GUIDE 2012-2013

EN

SIMPLY FIT. SIMPLY THE BEST.

There is no easy way to improve personal fitness, but there is KETTLER. Getting and staying fit is easier than you think with our products. Regardless of how and what you want to work out, KETTLER, Europe's leading home fitness brand, has the right product. And if you like, you are not even left on your own when working out in your own 4 walls. Our fitness community KETTFIT will help you with advice, assistance and hot tips.

Andrew Hey, Trainer in the KETTFIT team

KETTFIT is the KETTLER online portal for all those who want to take their training and health personally. Experienced personal trainers support you at www.kettfit.com with advice, assistance, tips and tricks. Here you can find everything you need to know about products, training software and the KETTLER APP. [www.facebook.com / KETTFIT](https://www.facebook.com/KETTFIT)



KETTFIT

www.facebook.com/KETTFIT

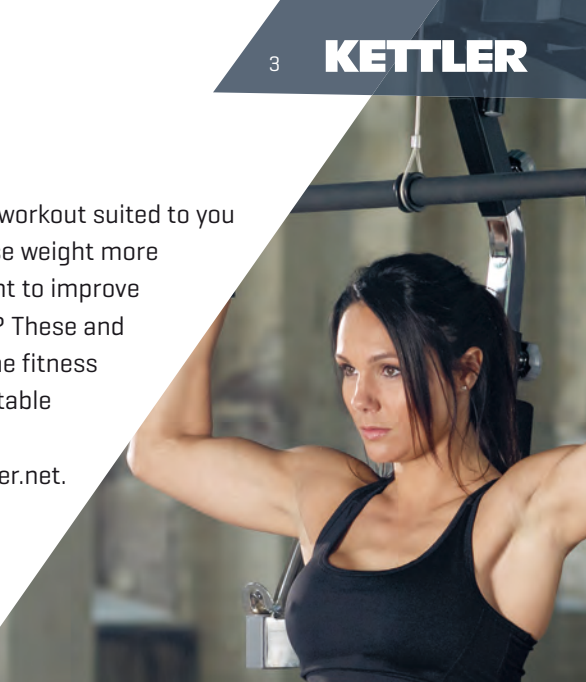







Simple navigation

Our fitness navigator helps you to find the workout suited to you personally. For example, do you want to lose weight more effectively in the right places or do you want to improve your strength without stressing your back? These and many other factors are then assigned to the fitness equipment groups that are particularly suitable for you.

You can search in more detail at www.kettler.net.

You can find the right fitness equipment for you in just a few clicks.



	Cardiovascular	Cardio	Fat burning	Muscle development	Strength endurance
					
Ergometers
Speed bikes
Exercise bikes
Treadmills
Cross trainers
Rowing machines
Multi gyms





GOOD ADVICE

You can find out more about the training options using different equipment groups in the new Fitness Guide. You can also access more detailed information and videos about our products on our website.

www.kettler.net

Having won awards as the most innovative brand, we are Europe's No. 1 in the home fitness sector. Be impressed by KETTLER quality and maximum training convenience.

**ERGOMETERS 06****SPEED BIKES 10****EXERCISE BIKES 12****TREADMILLS 16****CROSS TRAINERS 20****ROWING MACHINES 28****MULTI GYMS 32****ACCESSORIES 42****TECHNOLOGIES 48****TABLES 50**



■ ■ ■
Made In Germany



Pulse receiver compatible
with POLAR®!




Fit at the press of a button.
Backlit training computer
with 48 programmes and
HRL technology.

E 7



Simply move your cycling tour inside your home as the cold months approach. Regardless of whether you want to get rid of a few excess pounds or improve your general fitness, with the star of the E range you experience pure pleasure working out. State of the art ergometer technology gives you a pulse controlled workout and using Connect Fit you can record your workout and analyse it at kettfit.com.

07682-800

 Video: www.kettfit.com



Training focus

**CONNECT FIT**

„Compatible with
your heart, back, muscles
and your laptop.“

Connect Fit is our new interface to your PC. Once you have connected to the machine using the integrated USB connection, you can store your workout data and analyse it on our training portal kettfit.com.

Peter Gerfen, Trainer in the KETTFIT team

**KETTFIT**



RE 7



Great variety! The number of programmes allows for challenging and targeted cardio training. Kind to your back! The top ergonomic seat with height adjustable, reclining backrest and large adjustment range guarantees maximum comfort during endurance training.

07688-100



Video: www.kettfit.com



incl. chest strap

All equipment on this page has a pulse receiver compatible with POLAR®!

CONNECT-FIT

E3, E5, RE7 and AXIOM with CONNECT-FIT



EX 4



imply functional! The training computer is easy to use, providing functions that you really need makes training easy for beginner. In addition, the EX 4 has an ergometer function for reliable and reproducible power in watts.

07680-500



E 3



The E3 couldn't be easier to use. Getting started with the equipment, the training and analysis on www.kettfit.com with the help of the integrated USB connection.

07682-100



AXIOM



Set off into a whole new dimension! Thanks to the integrated PC interface you can go on realistic tours at KETTLER WORLD TOURS 3D and analyse your workout straight away. So that you don't overshoot the mark, the HeartRateLight gives you a green light for your ideal workout heart rate range.

07690-600

E5



Go on realistic tours in 3D. Thanks to the PC interface the machine can also be used with the KETTLER WORLD TOURS software. And you never leave your ideal heart rate workout range using the HeartRateLight traffic light system.

07682-600



Computer E5 / AXIOM



Made In Germany

RACE

With KETTLER RACE you experience a top quality speed bike for demanding indoor cycling. Always at hand: the training computer with target zone training and permanent display for 8 functions.

07938-180



Andrew Hey,
Trainer in the KETTFIT team

GIRO GT



Turn your living room into a race course. Regardless of whether you like speed racing or mountain routes, the GIRO GT copes with anything due to its stable construction and allows for varied bike training with 36 programmes.

07639-500



Without mains
connection



No batteries



GIRO S

Simply smooth! Even with high resistance, the GIRO S tread performance remains smooth and comfortable. The pleasant freewheel ensures maximum safety when training at home.

07639-000

„Experience the Giro di Casa.“

Our speed bikes impress with seat positions mimicking outdoor cycling and all important training technology. Even top athletes rely on KETTLER speed bikes for their balance training.



Training focus





GOLF P



The Golf with motor controlled resistance. You have an ideal view of the display thanks to the comfortable adjustable tilt.

07663-100



Video: www.kettler-sport.net



Training focus

GOLF R



The training computer's sporty twin display is backlit in blue and lets you approach even the toughest workout in a relaxed way. The Golf R has 8 programmes, allows for a pulse controlled workout and every workout is safe thanks to the motorised magnetic braking system.

07688-600



Making fitness part of your home.

It is just a few steps to targeted cardio training that is gentle on your joints with calorie burning guarantee with the Polo, Golf and Giro exercise bikes by KETTLER. At any time and in any weather.



HeartRateLight

Giving the green light for a perfect workout: the HeartRateLight function.

At KETTLER your computer display becomes your personal trainer. The pulse monitor shows you how to achieve your ideal heart rate by changing colour.



Workout heart rate not achieved yet



Ideal workout heart rate



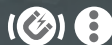
Workout heart rate too high



■ ■ ■
Made In Germany



GOLF P ECO



The Golf with no cables. Thanks to the integrated generator, you work out independently of the power supply and only consume your body's own energy in the form of calories. Giving the green light for a perfect endurance workout thanks to the HeartRate-Light traffic light system.

07663-600



Without mains connection



No batteries



GOLF M



The Golf range starter model. Experience the benefits of the most successful exercise bike of all time. The 2 person memory even allows couples to work out perfectly and the integrated pulse receiver ensures a reliable and accurate pulse reading using the chest strap [optional].

07661-600

POLO M



The low step through frame makes it easy to get on and off. The display is extremely easy to read thanks to its particularly large symbols and figures and the training computer allows for target zone training and warns you as soon as you have reached your upper heart rate limit.

07664-000



Training computer
with 8 functions
and target zone training

PROTECTIVE FLOOR MAT

07929-200 140x80 cm

07929-400 220x110 cm


Made In Germany



You can find tables with all the technical specifications from Page 50 onwards.

All the technologies are listed on Page 48-49

GIRO R



Almost as comfortable as your favourite armchair. The high backrest and stable seat supports your seating position perfectly. Also just as comfortable: the Push'n'Turn operation for the computer. As a result you can use all functions in no time at all.

07629-000



Computer
GIRO P / GIRO R



GIRO M



With the GIRO M you can get started on your workout almost immediately without any long preparation and follow the most important information on the training computer with a permanent display for 7 functions. The manually adjustable magnetic braking system is just as easy to use.

07630-000



GIRO P



Fitness in no time at all! You can conveniently set all the training computer's functions using Push'n'Turn. Thanks to the electronic resistance setting, the workout is only tough when you want it to be.

07631-000

TRACK EXPERIENCE



Experience the feeling of running through the forest thanks to the magnetic damping system that is kind to your joints. You can feel but not hear the power of the 3 HP motor. The superior running smoothness and large running surface guarantee stress-free and relaxed running, including training entertainment.

07885-600



Video: www.kettfit.com

Pulse receiver compatible
with POLAR®!

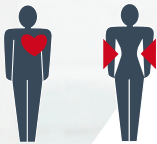




Display Track Experience

„Forest run, mountain run, marathon, walking, anywhere in the world“

Regardless of your level, you will always run with low impact on your joints, safely and quietly. And with our KETTLER WORLD TOURS 2.0 training software on any run in the world.



Training focus

Peter Gerfen,
Trainer in the KETTFIT team

KETTFIT

**WORLD TOURS
2.0**

WORLD TOURS 2.0

The training software for online competitions, running virtual courses and ideal training documentation.

07926-900





Space-saving design for convenience. The folding mechanism has a hydraulic operation making it easy to set up and down. And the easy-roller system means that you can move the item effortlessly and comes as standard with all TRACKS.

TRACK MOTION



Your fitness will quickly pick up with an incline of up to 12%. The motor keeps up even under continuous load and so that the strain on you is kept within reasonable bounds, the integrated shock absorber dampens your steps and reduces the impact on your joints.

07881-300



Video: www.kettler-sport.net



TRACK PERFORMANCE



You can even keep up at high speeds thanks to the particularly wide and long running surface. The SRS motor control ensures that you can always workout at your chosen speed regardless of your weight. The computer has a backlit 3D matrix display and PC interface.

07885-300



Video: www.kettler-sport.net



PACER



The speed and incline can be changed incredibly easily due to one-touch keys, whilst the folding mechanism ensures it is just as easy to store away.

07888-000



ELYX 7



With the Elyx 7 you really are choosing the top of the range model among the KETTLER crosstrainers. The backlit computer with TFT display, media player and workout scheduler turns your workout into entertainment.

07656-500



Video: www.kettfit.com



incl. chest strap



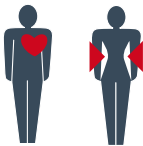
Training computer with
TFT display and media player

■ ■ ■
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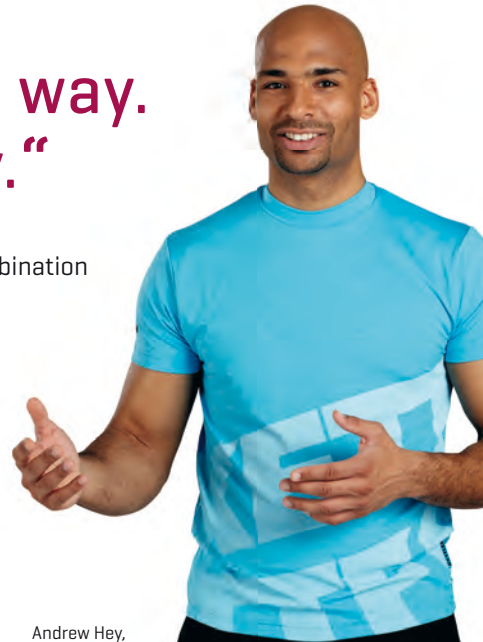


„ELYX cross trainers: recommended for all those who want to get fit quickly in a targeted way. Therefore everybody.“

Effective full body workout that feels effortless.
The cross trainers by KETTLER guarantee the ideal combination
of fitness and ergonomics with their innovative design,
low-impact mechanics and state of the art technology,
including a sporty lifestyle!



Training focus



Andrew Hey,
Trainer in the KETTFIT team

KETTFIT

Stride length adjustment [ELYX 7]



Particularly narrow tread distance



Video: www.kettler-sport.net



ELYX 1



Even our starter model in the ELYX range will get pulses racing. The Push'n'Turn computer has 8 programmes and a backlit display. The elliptical movement sequences allow for cardio training that is particularly low impact on the joints and the magnetic braking system has motorised adjustment.

07643-500



ELYX 3



Giving the green light for a perfect endurance workout thanks to the HeartRate-Light traffic light system. The training computer has 8 training programmes and a backlit display.

07654-600

ELYX 3 / 5 / 7:
Can be folded up easily
to save space



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CONNECT FIT

ELYX 5 with
CONNECT-FIT

ELYX 5



Thanks to the integrated PC interface you have the option of recording your workout results and analysing them straight away at www.kettfit.com. The computer has 8 programmes and allows for a pulse controlled workout.

07655-300



Training computer
with USB slot and HRL





UNIX M



An ideal workout for 2 thanks to the 2 person memory. Accurate pulse reading to the integrate pulse receiver using a chest strap (optional).

07650-000



UNIX E



Giving the green light for your workout in an ideal heart rate range thanks to the HeartRateLight display in the form of a traffic light system.

07670-100



UNIX P



Thanks to the tiltable display you always have a great view of all your workout information. Easy to adjust without any tools: tread adjustment using quick-release.

07652-000

UNIX EX



EXT technology inside! This is how to do your movement sequences so that they are low impact on your joints but effective. The easy to use training computer allows for varied and targeted endurance training that will also impress ambitious athletes. The USB output makes it easy to record your workout and you can start with analysis straight away at www.kettfit.com.

07670-700

UNIX PX



Experience EXTreme effectiveness. The integrated EXT technology provides a movement sequence that is particularly low impact on your joints and the HeartRateLight function ensures a workout in your optimum heart rate range. The Unix PX is rounded off by a backlit training computer with 8 programmes and a tiltable display.

07652-500

[not pictured]



Video: www.kettler-sport.com



Training computer with
HRL and integrated
pulse receiver



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EXT technology



Video: www.kettler.net



CONNECT FIT

UNIX EX and UNIX E
with CONNECT-FIT

All equipment on this page has a pulse
receiver compatible with POLAR®!





VITO M



Manual adjustment of resistance - getting started with a workout has never been as easy. So that you don't lose any valuable workout time, the symbols and figures on the display are very large and easy to read.

07658-000







 Made In Germany



RIVO M



The manual adjustment of resistance makes it easy to get started on training. The training computer is extremely intuitive to use and provides you with the most important information at a glance.

07643-000



RIVO P



Fit at the press of a button! Thanks to Push'n'Turn you can use all the training computer's functions in no time at all. The electronic adjustment of resistance makes your workout even more comfortable.

07644-000

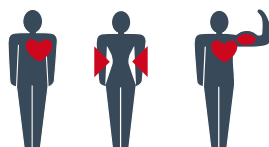


Push'n'Turn computer with integrated pulse receiver



„The ideal way to your ideal weight.“

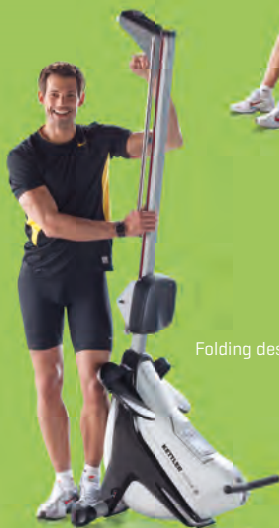
You don't need a rowing boat in your living room, a lake in front of your house or a boathouse in the garden, thanks to the space saving construction. With the rowing machines from KETTLER you experience ambitious cardio training and achieve the best training results without any compromise on ergonomics.



Training focus



Peter Gerfen,
Trainer in the KETTFIT team



Folding design to save space



Several workout
versions possible



COACH E



Our flagship among rowing machines. The training computer with clear LCD display and 12 programmes excels with a heart rate range setting adapted to fat burning or a fitness zone. Conclusion: You are rowing the best with the Coach E.

07975-100



Video: www.kettfit.com



incl. chest strap



COACH M



Rowing without maintenance! The ball bearing mounted roller seat is maintenance free and extremely realistic. Your heart rate is measured reliably and accurately on the integrated pulse receiver using the chest strap.

07974-100



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You can find tables with all the technical specifications from Page 50 onwards.

All the technologies are listed on Page 48-49



■ ■ ■
Made in Germany



KADETT

Light and easy to use. Including training computer with permanent display of 5 functions and hydraulic cylinder to adjust resistance.

07977-900

FAVORIT

The easy to use training computer with permanent display of 5 functions and scan operation will quickly become your favourite. The rudder arms swing out and the resistance can be adjusted continuously.

07978-900

STROKER



The stroker is a popular choice due to the manually adjustable magnetic braking system, 4 kg flywheel mass and foldable seat rail. It impresses with its easy to use training computer with permanent display of 5 functions.

07982-500



incl. chest strap





Training focus



■ ■ ■
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KINETIC F7

This is how varied strength training can be. Regardless of whether its latissimus pull-downs, bench presses, butterfly, rowing, leg curlers or exercises using the leg press to effectively workout your lower extremities, you will never get bored with the F7.

07717-600



Andrew Hey,
Trainer in the KETTFIT team

„Why do I recommend KETTLER multi gyms? So that you can continue however strong you are.“

You can do quite a lot wrong with a weights station, you get everything right with a KETTLER Power Centre. Even beginners experience ergonomically optimised strength training with precisely defined and controlled movement sequences here. The equipment allows for a number of exercises and works with many fine weight graduations.

MULTIGYM

The MULTIGYM also excels with a number of training options, such as latissimus pull-downs, butterfly and bench presses. The 80 kg weight block with 16 levels completes the overall powerful image.

07752-800



KINETIC F3

Regardless of whether it be latissimus pull-downs, butterfly or bench presses with 200 cm height the number of training options the KINETIC F3 offers will impress you as much as the 3D FLEX MOTION system for a varied workout with pulleys and the extremely compact footprint of just 1,5 m².

07715-600



Video: www.kettfit.com



 Made In Germany

KINETIC F5

Besides a variety of training options, such as latissimus pull-downs, butterfly and bench presses, the F5 has a double pulley for an effective, free-standing workout. The standard 80 kg weight block with 16 levels can be increased to 100 kg.

07716-600



Video: www.kettfit.com



Made in Germany





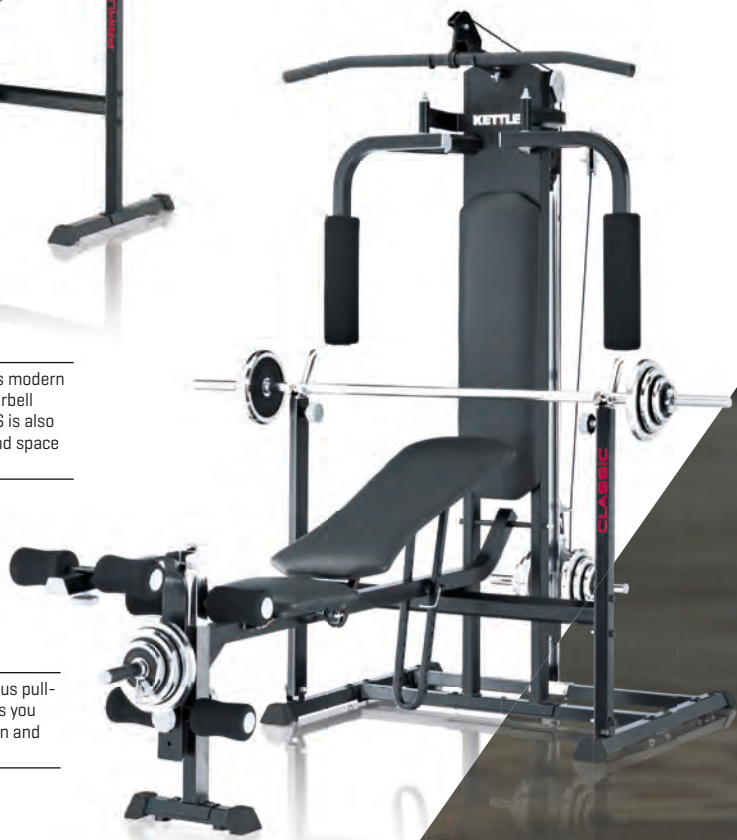
All equipment on this page is not supplied with weight plates or bars



PRIMUS

Become a training professional and trust in this modern bench for dumbbell and barbell training. The barbell equipment is height adjustable and the PRIMUS is also miles ahead when it comes to being foldable and space saving.

07403-900



CLASSIC

The variety of training options, such as latissimus pull-downs, butterfly and bench presses will impress you just as much as the space saving storage option and maximum load of 150 kg.

07702-100

Find the bench of
your choice at
KETTLER.

■ ■ ■
Made in Germany



DELTA XL

The DELTA XL has a butterfly station with off-centre design and a station for latissimus pull-downs. Finally, once you have used the option of negative bench presses, you can fold up the equipment to save space. Supplied without weights.

07707-750



Video: www.kettfit.com



ALPHA

Stable, safe and indestructible. Could you ask for anything more from a training bench? You could. For example, the option of negative bench presses and a seat and backrest that can be adjusted.

07708-000

VECTOR

The barbell equipment is height and width adjustable and therefore designed so that you can enjoy a safe and varied barbell workout.

07708-100



 Made in Germany



TERGO

Experience an effective but low impact workout for your back muscles. The lumbar pads are height adjustable and tiltable and the Tergo can be folded up after the workout to save space.

07820-550

VARIO

Effective and varied! Besides the classic workout for abdominal and back muscles, the Vario also offers the option of a dumbbell workout. Both pads are adjustable and ergonomically shaped.

07411-550



TORSO

Goodbye belly, hello six pack!! With the TORSO you can achieve an effective workout of your abdominal muscles and upper body using dumbbells. Both pads are adjustable and ergonomically shaped. Once you have achieved your ideal figure, you can simply fold up the TORSO to save space.

07410-550



LINEO

Lose weight by effectively working out your abdominal muscles. LINEO's other strengths: The angle and leg pads are adjustable and this bench can be folded up to save space.

07428-550



APOLLO

Relaxes your back muscles and noticeably relieves pressure on the discs due to the "upside down" position. It is impossible to accidentally tip over. Safety... Made by KETTLER.

07426-700



Made In Germany



CHROME/RUBBER WEIGHT PLATES

Weight plates [available from 0.5 kg - 20 kg]
e.g. 07440 -700

CAST WEIGHT PLATES

Weight plates [available from 0.5 kg - 20 kg]
e.g. 07440 -300





Made In Germany



DUMBBELL AND DISC RACK

The generously sized dumbbell and disc rack provides storage space for dumbbells and discs during free weight training as well as space for dumbbells, barbells and weight plates. [not supplied with weight plates or bars]

07499-300

RACK FOR GRIPS

The practical organiser in the weights room. Has space for triceps bar, curl bar, seated row handle, multi exercise bar, hand grip and triceps rope. [7-piece set]

07497-200

CHROME-RUBBER DUMBBELL SET

approx. 10 kg / in case
2 x weight discs [2.5 kg and 1.25 kg]
1 x dumbbell bar with rubber handle [35 cm]
2 x collars with safety closures [approx. 2 kg]
Incl. hard shell case

07484-700

CAST IRON BARBELL & DUMBBELL SET

approx. 50 kg
1 x chrome barbell bar [165 cm] incl. star-shaped safety collars
2 x chrome dumbbell bar [35 cm] incl. star-shaped safety collars
2 x cast weight discs each [10/5/2.5/1.25/0.5 kg]

07495-700



SLING TRAINER

07360-186



Video: www.kettfit.com

KETTLER Fitness
Accessories are designed
based on the latest knowledge
in sports sciences.

Workout exercises on kettfit.com
get you on the path to your personal
ideal fitness quickly and easily.

KETTfit

AEROBIC STICK

07360-187



SWING STICK

07360-005



JUMP ROPE

07360-012

WORKOUT LINE
The line for the line.

WRIST WEIGHTS [PAIR]

e.g. 07360-102

BALANCE STEP

07360-185 Ø 55 cm



POWER LINE

Small size - great effect.



GRIP PAD

e.g. 07370-097



KETTLE BALL

e.g. 07370-064

FITNESS BALL

07370-044



TRAINING GLOVES

07370-087 Men's Pro

07370-094 Women's



GYM BALL

07350-121 Ø 65cm

07350-132 Ø 75cm



WEIGHTS SET

07370-000



PUSH-UP GRIPS

07370-120



BALANCE BOARD

07350-142 Ø 40,6cm



TONING BALL

07350-051 1,0 kg

07350-062 1,5 kg



LATEX FLEXIBAND

07350-042 strong

07350-031 average



AIR PAD

07350-212

BALANCE LINE
Gets you in balance.



TUBE SET

07350-014

YOGA MAT

07350-174



MOVE LINE introduces exercise into your everyday life.

MINI STEPPER

Workout your leg and gluteal muscles whenever and wherever you want. The hydraulic shock absorber ensures even training resistance and the integrated training computer has a timer & step counter. The display changes automatically.

07873-600



SIDE STEPPER

Step in – get fit. The Side Stepper guarantees high movement comfort thanks to the parallel movement of the treads. The training computer keeps you up-to-date with your step frequency, the number of steps and how much time and energy you have spent.

07874-700



STEPPER VARIO

The traction ropes are removable and have three settings for individual resistance force. The traction bar can be swapped for the hand-grip loops and allow for a targeted upper body workout. Including training computer with timer, step counter and automatic switchable display change.

07874-600



TRAMPOLINE

Taking you to great heights. Trust in Made by KETTLER safety, thanks to the steel frame with stable, anti-slip feet. The robust springs ensure the even tension of the trampoline made from polypropylene material. The outer edge is well cushioned.

07291-900 Ø 120cm

07290-900 Ø 95cm





MOVEMENT TRAINER

This practical fitness machine was specially designed for easy movement training in a sitting position. Continuously adjustable resistance setting.

07782-000



DOOR BAR WITH TUBES

07370-125



MULTI DOOR BAR

07370-126



A summary of KETTLER technologies



For the high precision synchronisation of all the ergometer's electronic and mechanical components. This guarantees a controlled workout.



Connect Fit is our new interface to your PC. Once you have connected to the machine using the integrated USB connection, you can store your workout data and analyse it on our training portal kettfit.com



WORLD TOURS
2.0

Training software for KETTLER exercise bikes and speed bikes as well as treadmills with a suitable interface. World Tours 2.0 offers online competitions, virtual routes based on 3D map material, training documentation and many more features.



**INDUCTION
BRAKING
SYSTEM**

Is used to control power with all KETTLER bike, cross trainer and rowing machine ergometers. The system allows for the continuous control of resistance, is rpm-independent and provides for a workout with accurate pulse and power control.



**MAGNETIC
BRAKING
SYSTEM**

Magnetic braking system with manual adjustment of resistance.



**MAGNETIC
BRAKING
SYSTEM +**

Magnetic braking system with electro-nic adjustment of resistance on display.



**MAGNETIC
DAMPING
SYSTEM**

The most advanced shock absorption technology for treadmills at this time. Compensates for the majority of the impact energy with every step and thus allows you to train for longer and reduces the impact on joints whilst running.



**SHOCK
ABSORBER
CUSHIONING**

The shock absorption system for the running surface ensures a quiet running experience with low impact on the joints.



**SPEED
RESOLUTION
SYSTEM**

KETTLER SRS technology is an electronic motorised control that guarantees a constant speed regardless of the runner's weight.



**HEART
RATE
LIGHT**

With the HeartRateLight function, the computer display changes colour to indicate the heart rate: blue = Workout heart rate not achieved yet, green = Ideal workout heart rate, red = Workout heart rate too high



**ADJUSTABLE
STRIDE
LENGTH**

Guarantees an authentic and ergonomically optimised running movement as well as a maximum stride length adapted to height. This reduces the impact on joints even more.



**EXTENDED
MOTION
TECHNOLOGY**

A longer stride length and therefore authentic running movement is achieved, which ergonomically optimises how the movement is made. This means: reduced impact on the joints and muscles.



**INTEGRATED
PERSONAL
COACH**

Developed in cooperation with sports science experts at IPN® [Institute for Prevention and Aftercare] in Cologne, the integrated IPC configures 24 training programmes customised to your level of performance after a test run through of 15 minutes at the most. This means that the workout can be adapted even more accurately to your personal level of performance.



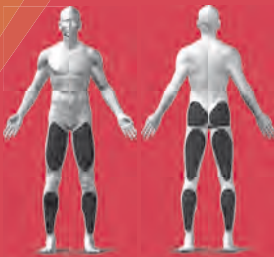
ERGOMETERS		E7	E5	E3	EX 4	RE 7	AXIOM
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•	•	•
	Pulse measurement	incl. ear clip / chest strap as extra	incl. ear clip / chest strap as extra	incl. ear clip / chest strap as extra	incl. ear clip / chest strap as extra	chest strap	incl. ear clip / chest strap as extra
	Integrated POLAR® compatible pulse receiver [5 kHz]	•	•	•	•	•	•
	Upper pulse-rate limit (display in %, visual and audible alarm)	•	•	•	•	•	•
	No. of training programs	48	8	3	2	48	8
	Target zone training (FAT / FIT / MANUAL)	•	•	•	•	•	•
	Pulse-related training programs	5	2	1	1	5	•
TECHNICAL EQUIPMENT	BMI	•				•	
	Cool-Down	•	•	•	•	•	•
	User memory	•	•	•		•	•
	PC interface	USB	USB	USB	•	USB	USB
	Brake system / performance control	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent
	Flywheel mass [in kg]	10	8	8	8	10	10
	Size when set up L / W / H [in cm]	115 / 54 / 125	115 / 54 / 125	115 / 54 / 125	100 / 53 / 131	171 / 56 / 123	119 / 54 / 120
	horizontal seat adjustment	•	•	•	•	•	•
	Maximum load [in kg]	150	150	150	130	150	180
	Low access	•	•	•	•	•	•



MUSCLE GROUPS USED

SPEED BIKES		RACER S	RACE	GIRO GT	GIRO S
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•
	Pulse measurement	Bluetooth chest strap	ear clip, as extra: CARDIO PULSE SET	Hand pulse sensors, as extra: ear clip, CARDIO PULSE SET	Hand pulse sensors, as extra: ear clip, CARDIO PULSE SET
	Upper pulse-rate limit	•	Percentage display + visual and audible alarm		
	Average values at end of training session	•	•		
	No. of training programs	2		12	
	Target zone training [FAT / FIT / MANUAL]	in APP*	•	•	•
	Pulse-related training programs	•		1	
TECHNICAL EQUIPMENT	Manual strain control	•	•	•	•
	Brake system / Performance control	Induction / switchable between rpm dependent + rpm independent	Magnetic / rpm dependent	Magnetic / rpm dependent	Brake shoes / rpm dependent
	Flywheel mass system [in kg]	18	18	18	18
	Strain range	25-1000 W	1 - 10 manual	1 - 32 computer-controlled	continuous
	Horizontal seat adjustment	•	•	•	•
	Size when set up L / W / H [in cm]	131 / 53 / 126	131 / 53 / 126	102 / 53 / 113	102 / 53 / 113
	Power supply	230 Volt	Batteries	Generator	Batteries
	Maximum load [in kg]	150	130	130	130

* The Racer S uses the new S-Fit technology. It is only possible to use all features with a Smartphone and the new Kettler APP.



MUSCLE GROUPS USED

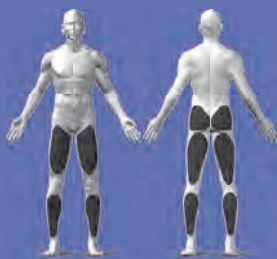
CROSS TRAINERS		ELYX 7	ELYX 5	ELYX 3	ELYX 1	UNIX EX
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•	•
	Pulse measurement	Hand pulse sensors, ear clip + chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap
	Integrated POLAR® compatible pulse receiver (5 kHz)	•	•	•	•	•
	Average values at end of training session	•	•	•	•	•
	User memory	4	•			•
	No. of training programs	48	8	8	8	48
	Target-zone training (FAT / FIT / MANUAL)	•	•	•	•	•
	Pulse-related training programs	5	1	1	1	5
	Freely-set performance programs	10	6	6	6	15
	Individual performance programs	20		Training recording		5 per person
	Individual pulse-related programs	12				3 per person
TECHNICAL EQUIPMENT	Manual strain control	•	•	•	•	•
	PC interface	USB	USB			USB
	Brake system / performance control	Induction / rpm independent	Induction / rpm independent	Magnetic (motor controlled) / rpm dependent	Magnetic (motor controlled) / rpm dependent	Induction / rpm independent
	Flywheel mass [in kg]	22	22	20	18	22
	Size when set up L / W / H [in cm]	201 / 68 / 180	201 / 68 / 180	201 / 68 / 180	193 / 66 / 172	144 / 56 / 162
	Maximum load [in kg]	150	150	150	130	150



MUSCLE GROUPS USED

UNIX PX	UNIX E	UNIX P	UNIX M	VITO M	RIVO P	RIVO M
•	•	•	•	•	•	•
Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, ear clip as extra: CARDIO PULSE SET	Hand pulse sensors, ear clip as extra: chest strap	Hand pulse sensors, as extra: ear clip + CARDIO PULSE SET
•	•	•	•		•	
•	•	•	•	•	•	•
	•		2			
8	8	8			8	
•	•	•	•	•	•	•
1	1	1			1	
6	6	6			6	
Training recording		Training recording				
•	•	•	•	•	•	•
	USB					
Magnetic [motor controlled] / rpm dependent	Induction / rpm independent	Magnetic [motor controlled] / rpm dependent	Magnetic / rpm dependent	Magnetic / rpm dependent	Magnetic [motor controlled] / rpm dependent	Magnetic / rpm dependent
20	22	20	18	14	14	12
144 / 56 / 162	144 / 56 / 152	144 / 56 / 152	144 / 56 / 152	128 / 58 / 155	143 / 64 / 168	130 / 64 / 160
150	150	150	150	130	130	110

EXERCISE BIKES		GOLF P ECO	GOLF P	GOLF M	GOLF R
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•
	Pulse measurement	Hand pulse sensors, as extra: ear clip, CARDIO PULSE SET	Hand pulse sensors, as extra: ear clip, CARDIO PULSE SET	Hand pulse sensors, as extra: chest strap + ear clip	Hand pulse sensors, as extra: CARDIO PULSE SET + ear clip
	Upper pulse-rate limit	Percentage display + visual and audible alarm	Percentage display + visual and audible alarm	Percentage display + visual and audible alarm	Percentage display + visual and audible alarm
	Average values at end of training session	•	•		
	No. of training programs	8	8		8
	Target zone training (FAT / FIT / MANUAL)	•	•	•	•
	Pulse-related training programs	1	1		1
TECHNICAL EQUIPMENT	Manual strain control	•	•	•	•
	Brake system / Performance control	Magnetic (motor controlled) / rpm dependent	Magnetic (motor controlled) / rpm dependent	Magnetic / rpm dependent	Magnetic (motor controlled) / rpm dependent
	Flywheel mass system [in kg]	9	9	7	9
	Strain range	1 - 15 computer controlled	1 - 15 computer controlled	1 - 10 manual	1 - 15 computer controlled
	Horizontal seat adjustment	•	•	•	•
	Size when set up L / W / H [in cm]	110 / 53 / 130	110 / 53 / 130	110 / 53 / 130	171 / 56 / 123
	Power supply	Generator	Power connection 230 Volt	Batteries	Power connection 230 Volt
	Maximum load [in kg]	150	150	150	150
	Low access height	•	•	•	•



MUSCLE GROUPS USED

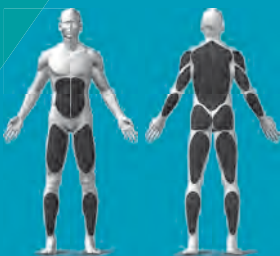
GIRO R	GIRO P	GIRO M	POLO M
•	•	•	•
Hand pulse sensors, as extra: chest strap + ear clip	Hand pulse sensors, as extra: chest strap + ear clip	Hand pulse sensors, as extra: CARDIO PULSE SET + ear clip	Hand pulse sensors, as extra: CARDIO PULSE SET + ear clip
visual alarm	visual alarm	visual alarm	visual alarm
•	•		
8	8		
•	•	•	•
1	1		
•	•	•	•
Magnetic (motor controlled) / rpm dependent	Magnetic (motor controlled) / rpm dependent	Magnetic / rpm dependent	Magnetic / rpm dependent
8	8	6	7
1 - 16 computer controlled	1 - 16 computer controlled	1 - 8 manual	1 - 10 manual
•	•		
170 / 63 / 116	95 / 54 / 137	90 / 54 / 137	98 / 53 / 130
Power connection 230 Volt	Power connection 230 Volt	Batteries	Batteries
130	130	110	130
•			•

ROWING MACHINES		COACH E	COACH M	STROKER	KADETT	FAVORIT
TRAINING COMPUTER	Timing, distance, speed, energy used	•	•	•	•	•
	Pulse measurement	Chest strap	Chest strap	Chest strap	Ear clip / as extra: CARDIO PULSE SET	Ear clip / as extra: CARDIO PULSE SET
	Integrated POLAR compatible pulse receiver (5 kHz)	•	•	•		
	Upper pulse limit	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	visual alarm	visual and audible alarm	visual and audible alarm
	No. of training programs	12				
	Target area training (FAT / FIT / MANUAL)	•	•	•		
	Pulse-controlled training programmes	4				
TECHNICAL EQUIPMENT	Count-up- / Count-down function	•	•	•	•	•
	Braking system/ performance regulation	Induction / Speed-related up to 500 W	Magnetic / Speed-related 1-10 via hand knob	Magnetic / Speed-related 1-8 via hand knob	Hydraulic cylinder/ 12-stages on hydraulic cylinder	Hydraulic cylinder/ Continuous via lever arm
	Drive system	Rope pull	Rope pull	Rope pull	Outrigger system	Rowing arms
	Resistance regulation	Speed-related up to 500 Watt	Speed-related up to 1-10 with knob	Speed-related up to 1-8 with knob	12-stages on Hydraulic cylinder	Continuous via lever arm
	Flywheel mass [in kg]	6	6	4		
	Size when set up L / W / H [in cm]	205 / 53 / 67	205 / 53 / 67	218 / 60 / 98	150 / 170 / 46 folded: 150 / 50 / 46	124 / 78 / 26
	Maximum load [in kg]	130	130	130	130	130



MUSCLE GROUPS USED

TREADMILLS		TRACK EXPERIENCE	TRACK PERFORMANCE	TRACK MOTION	PACER
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•
	Pulse measurement	•	•	•	•
	Integrated POLAR compatible pulse receiver (5 kHz)	•	•	•	•
	User memory	•	•		
	Pulse-related training programs	8	4	2	2
	Incline / speed controlled programs	6/6	6/6	3/3	3/3
	Speed min /max [in km / h]	0,8 - 20	0,8 - 18	1 - 16	1 - 16
	Motor-driven setting of incline [in %]	0 - 12	0 - 12	0 - 12	0 - 10
	Count-Up / Cool-Down	•	•	•	•
TECHNICAL EQUIPMENT	PC interface	•	•		
	Electric motor: continuous power	3,0	2,5	2,0	1,6
	Size of running surface L / W in cm [approx.]	150 / 51	145 / 51	132 / 48	132 / 48
	Size when set up L / W / H in cm [approx.]	212 / 88 / 141	202 / 88 / 136	186 / 84 / 137	182 / 80 / 136
	Size when folded for storage L / B / W in cm [approx.]	89 / 87 / 196	106 / 88 / 185	94 / 84 / 171	94 / 80 / 175
	Maximum load [in kg]	150	140	120	120
	Shock-absorbing system	MAGNETIC SHOCK ABSORBER	SHOCK ABSORBER	SHOCK ABSORBER	SHOCK ABSORBER



MUSCLE GROUPS USED

MULTI GYMS		KINETIC F3	KINETIC F5	KINETIC F7	MULTIGYM
STATIONS	Butterfly	•	•	•	•
	Bench press seated	•	•	•	•
	Latissimus rope frame	•	•	•	•
	Cable pulley system	3D Flex Motion	Double cable pulley	Double cable pulley	
	Rowing	•	•	•	•
	Leg extension	•	•	•	•
	Leg curl	•	•	•	•
TECHNICAL EQUIPMENT	Weight blocks	5 - 80 kg [16 x 5kg]	5 - 80 kg [16 x 5kg]	5 - 80 kg [16 x 5kg]	5 - 80 kg [16 x 5kg]
	Max. load	80 kg	80 kg*	80 kg*	80 kg
	Max. user weight	150 kg	150 kg	150 kg	130 kg
	Size when set up [L / W / H in cm]	180 / 109 / 200	180 / 136 / 215	200 / 200 / 215	181 / 109 / 200
	Colour	black	black	black	black

* extendable to 100 kg



MUSCLE GROUPS USED

WEIGHTLIFTING BENCHES		DELTA XL	CLASSIC	PRIMUS
STATIONS	Butterfly	•	•	
	Reverse butterfly	•		
	Bench press lying (flat and diagonal bench)	•	•	•
	Latissimus rope frame	•	•	
	Leg extension	•	•	•
	Leg curl	•	•	•
	Squat	•		
TECHNICAL EQUIPMENT	Maximum load [in kg]	Weight rest: 150 Leg curl: 60	Weight rest: 120 Leg curl: 60	Weight rest: 100 Leg curl: 40
	Max body weight [in kg]	150	130	130
	Size when set up [L / W / H in cm]	244 / 132 / 200	250 / 104 / 200	203 / 101 / 108
	Size when folded [L / W / H in cm]	100 / 100 / 200	135 / 104 / 200	75 / 101 / 163
	Colour	black	black	black



SMART TRAINING – SIMPLY FIT

The revolutionary easy use and professional ergometer technology turns every workout with the new Racer S into a real experience. On Top: the S-FIT technology that connects the Racer S to your smartphone. Download the KETTLER Training app and take part in races, workout based on your programme or simply work off your last burger.

RACER S – THE FIRST BIKE THAT REALLY UNDERSTANDS YOU.

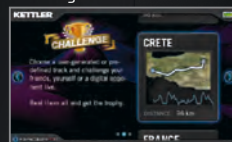
S FIT



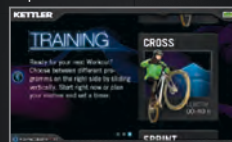
Fun mode



Challenge mode



Expert mode



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